

January 25, 2005 - News Briefs

Last Updated Friday, 20 January 2006

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Tuesday, January 25, 2005

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City Web site: www.bouldercolorado.gov

Week of January 25 through January 31, 2005

Seeking nominations for the 2005 Boulder Senior Awards

The Boulder Senior Community Advisory Committee is accepting nominations for the Sixth Annual Boulder Senior Awards through Tuesday, March 1. The Awards Banquet will be held at 5 p.m. on Saturday, May 14, at the East Senior Center, 5660 Sioux Drive. Call the East Senior Center at (303) 441-4150 to make dinner reservations.

The categories for nominations include physical wellness, education, intergenerational activities, advocacy, community service, arts, senior award (professional), and a non-senior award. The nominated person must be 60 years of age or older, and 59 years of age and under for the non-senior award. Nominations can be for someone who has contributed to this community in a special way, for someone who works behind the scenes helping others, or a person who works on a larger scale in the community on behalf of older adults.

Nomination forms are available at the East Senior Center, 5660 Sioux Drive, the West Senior Center, 909 Arapahoe Ave., and online at [www.ci.boulder.co.us/sshhs/Senior Awards/2005](http://www.ci.boulder.co.us/sshhs/SeniorAwards/2005).

Nominations can mailed or dropped off at either center, mailed to Diane Evans, West Boulder Senior Center, P. O. Box 791, Boulder, CO 80306, faxed to (303) 441-4149, or emailed to evansd@ci.boulder.co.us.

Community Resources for seniors and their families

Boulder Senior Services offers adults over age 60 and their family caregivers consultation on resources and problem solving. Discussion may include selecting care in the home, caregiver support, homeowner programs, considerations for selecting senior housing, volunteer visitors, memory evaluation, elder law and care management options, approaches for family discussions, and programs for low-income seniors. For more information, contact the Resources staff at (303) 441-3148.

Food affects your mood class

City of Boulder Senior Services is offering a class about what foods will keep you feeling relaxed and happy at 9:30 a.m. on Saturday, Jan. 29, at the East Senior Center, 5660 Sioux Drive. Laura Brieser-Smith, a registered dietician and faculty member at Johnson and Wales Culinary Institute, will speak on how what you eat influences your mood, stress level, energy level and mental function. The fee is \$7 for city residents and \$9 for non-residents. Call Senior Services at (303) 441-4150 to register.

Tour the historic Holiday Chalet in Denver

Boulder Senior Services is hosting a chartered bus to the historic Holiday Chalet in Denver on Monday, Feb. 14. Seniors will attend high tea and be given a tour of this 1896 three-story fully restored brownstone. The tour and Valentine's Day Tea cost \$46 to \$58. To register, call Senior Services at (303) 441-3148 or (303) 441-4150.

Shadows of Open Space and Mountain Parks

Join city of Boulder Open Space and Mountain Parks (OSMP) Ranger Dave Gustafson for an indoor program that will take a look at the various rodents that live around Boulder, from marmots, squirrels, prairie dogs and beavers. The program will be held from 7 to 8:30 p.m. on Ground Hog Day, Wednesday, Feb. 2, at the OSMP Administrative Office, 66 S. Cherryvale Road (just south of South Boulder Road) and includes mounts, a slide show and a "guess the shadow game."

For more information on Open Space and Mountain Parks, a complete list of programs, and to sign up for activity e-mail reminders, please visit www.osmp.org.

Dry Creek Trail maintenance scheduled

City of Boulder Open Space and Mountain Parks crews will be conducting maintenance work on a portion of the Dry Creek trail, east of Baseline Reservoir, during the of Jan. 24-28. Access from Dry Creek Trailhead will be intermittently restricted during this period.

Crews will be installing erosion control materials near the bridge at Dry Creek in order to protect and improve the condition of this trail. Visitors are asked to be aware of and comply with all regulatory signs during this maintenance project.

Staff suggests the use of alternate trailheads such as the Bobolink Trailhead at Cherryvale and Baseline Road during this short period.

For more information on Open Space and Mountain Parks, please visit us at www.osmp.org.

City of Boulder recruiting for Boards and Commissions

The Boulder City Council is currently accepting applications for City Boards and Commissions.

City Boards offer a unique opportunity to become involved in local government and the community. Service on all Boards is voluntary. Generally, applicants must be a city elector, 18 years of age, and reside within the Boulder city limits.

There are 18 boards that have vacancies. A list of current vacancies is available online at www.ci.boulder.co.us/cmo/boards/bcindex.html. Each board and commission has specific responsibilities, such as transportation, the library and the public access television station. Each board works with and advises particular city departments and City Council on related issues.

Applications can be picked up at the Council Office, 1777 Broadway, Municipal Building, from 8 a.m. to 5 p.m. Monday thru Friday or you can access an application on line at www.ci.boulder.co.us/cmo/boards/bcindex.html.

The deadline to apply is 5 p.m. on Friday, Feb. 18, (no late applications or postmarks will be accepted). Appointments will be made March 15. For more information, contact Keith Richardson, Boulder City Council Office, (303) 441-3090.